

Big Weight Loss Leads to Healthier Lifestyle

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Like a lot of us, over the years Robert Tooke, a 35-year Halliburton employee and principal account representative for Houston Business Development, let his focus on diet and exercise slip. Finally, in August 2010 when his weight reached 363 pounds, Robert decided to take personal responsibility and make a lifestyle change.

After researching various programs, he decided on The Methodist Weight Management Center at the Methodist Diabetes & Metabolism Institute in Houston, Texas. Most people fail at making lifestyle changes because they try to do it on their own without the right knowledge and support. The Methodist program, which focuses on nutrition and exercise, includes weekly meetings where participants weigh in, visit with a dietitian and attend a one-hour class that covers a different subject every week. Topics include Understanding your Metabolism, Cardio Healthcare and Exercise, Choosing the Right Foods, Correctly Preparing Food, and How to Read Food Labels -- all important components in developing a healthy lifestyle.

The results have been outstanding. As of May 15, 2011, Robert has lost 135 pounds and is closing in on his ultimate weight goal of 210 pounds. "I never feel hungry or deprived of food," he said, "and I have a lot more energy."

Robert added that his son Justin has accepted an account representative position with Halliburton in Denver and recently moved with his wife and two young children to Colorado. "I'm very proud of him. With my healthier lifestyle, I'm looking forward to watching his career progress and seeing my grandkids grow up."

Robert made the right choices for the right reasons, and has dedicated himself to his new lifestyle. "Programs like the one at Methodist are available to anyone who wants help controlling their weight in a healthy way," he said. "I hope my story will encourage others to change their lifestyle for the better. You'll see the benefits every day."

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